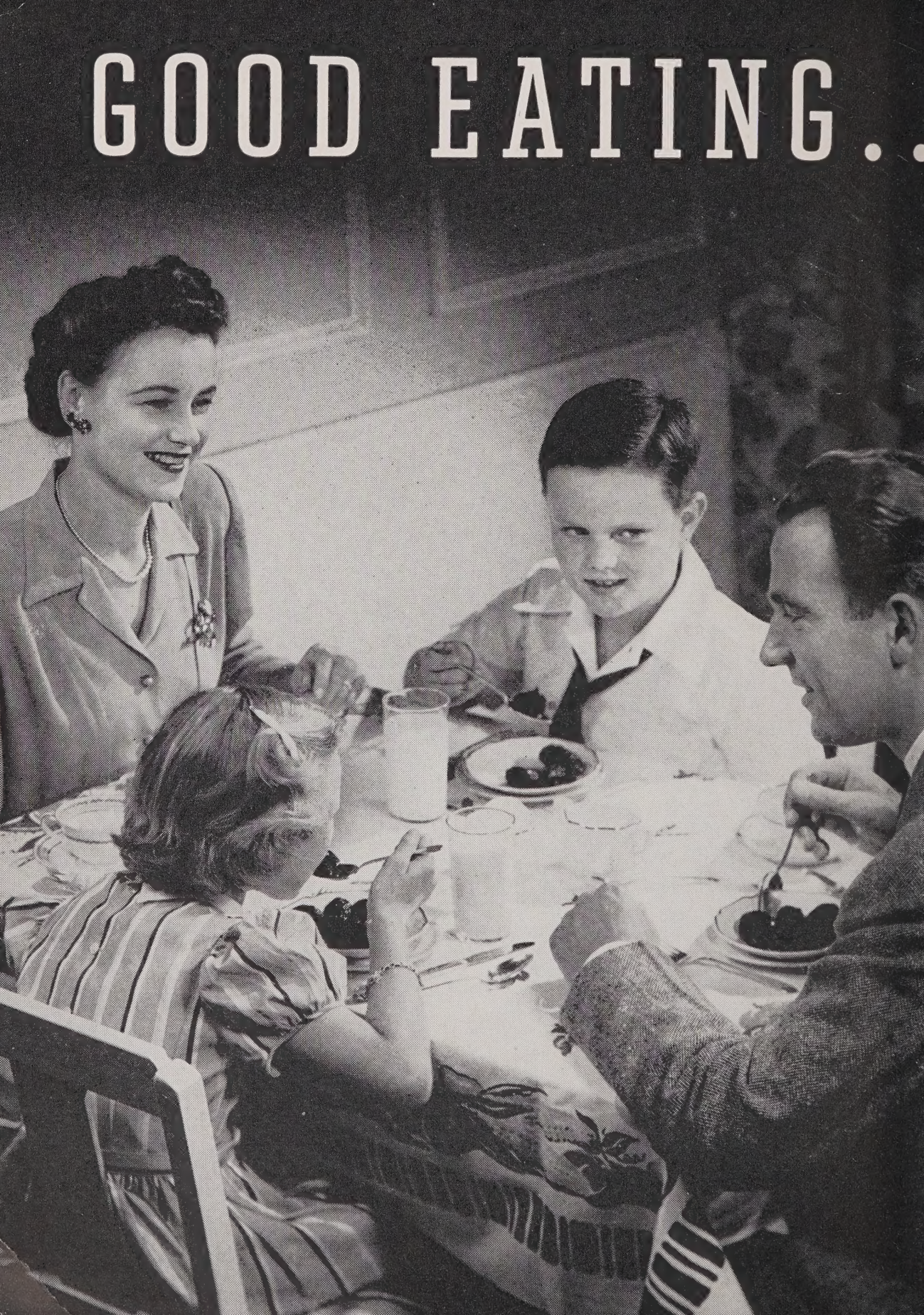
SUNSWEET

GOOD EATING..



. for all the family

Especially good for breakfast!

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Yes, *good eating,* for Prunes are a fine, wholesome, natural food, full flavored, packed with fruity goodness, rich with nature's own vitamins and valuable food minerals.

Remember, prunes are a fruit . . . a natural fruit. They come to you with all their generous fruity goodness intact. Nothing has been taken away but the water, and nothing has been added. They're just good, wholesome, old-fashioned nourishment and flavor . . . one of nature's truly fine foods that has stood the test of generations.

Serve SUNSWEET Prunes often, to *all the family.* They're good for big folks and little folks alike. And they taste delicious. Serve them by the dishful for breakfast. "Eat 'em like candy" right out of the package. Or make them up in any of these delicious recipes. They're good any way, any time.

Try This Quick
SUNSWEET Trick

Fill a quart jar with SUNSWEET "Tenderized" Prunes, add boiling water to cover, and replace the lid. That's all. Good the next day, better the day after. The longer they stand, the thicker the syrup and the richer the flavor. Try it.

22502900796

Here's Why Prunes Are Good

Rich in vitamins, rich in essential food minerals, rich in natural fruit sugars for quick energy and good health . . . yes, Prunes are one of nature's finest foods.

PRUNES FOR VITAMINS

In 100 grams (3½ ounces) of Prunes, there are:[1]

1166 International Units of Vitamin A
1400 Micrograms of Vitamin B_2 or G (riboflavin)
180 Micrograms of Vitamin B_1 (thiamin)
1000 to 1700 Micrograms of Vitamin B_6 (pyridoxin)
5800 Micrograms of pantothenic acid

PRUNES FOR MINERALS

Laboratory research shows that Prunes contain considerable amounts of essential minerals. The table[2] below indicates the mineral content of the edible portion of Prunes with results calculated to a common basis of 20% moisture content:

	Per Cent
Calcium (Ca)	0.06
Chlorine (Cl)	0.03
Copper (Cu)	0.0003
Iron (Fe)	0.004
Magnesium (Mg)	0.05
Manganese (Mn)	0.0005
Phosphorus (P)	0.10
Potassium (K)	0.91
Sodium (Na)	0.07
Sulphur (S)	0.02

PRUNES FOR QUICK ENERGY

Prunes are rich in the natural fruit sugars which supply quick energy. These simple fruit sugars, quickly assimilable, are swiftly absorbed into the blood, providing the quick pickup that sets tired workers off on a fresh start. Try a handful of "Tenderized" SUNSWEETS right out of the carton to counteract mid-afternoon fatigue due to lack of energy food or extra demands on stored-up energy.

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[1] California Dried Fruit Research Institute.
[2] "Nutritive Values of California Prunes"—California Dried Fruit Research Institute.

PRUNES FOR RED CELL RESTORATION

Investigation has shown that Prunes rank high among the fruits for abundance of iron. Coupled with this is a high copper content as well. Research shows that copper is essential for the utilization of iron by the system. Iron, of course, is valuable in red-cell restoration in certain types of anemia. However, there are so many kinds of anemia that we suggest that you ask your physician about the value of Prunes for specific cases.

Petersen and Elvehjem[3] found the iron value of Prunes to be high in comparison with other foods, as shown in the following table based on the per cent of edible portion of the foods listed:

	Per Cent of Iron
PRUNES	.00517
Oatmeal	.00380
Whole Wheat	.00372
Oysters	.00314
Cocoa	.00313
Eggs	.00252
Peanuts	.00231
English Walnuts	.00214
Turkey	.00204

PRUNES AND THE ALKALINE RESERVE

Extensive experiments have shown that as much as 200 grams (18 prunes), or 120 cc. of Prune Juice will not affect the alkaline reserve of the body beyond the normal variations noted in subjects on identical diets without Prunes.[4] Prunes are not an "acid" food. On the contrary, laboratory analysis shows the potential alkalinity of Prunes to be high, as indicated by the following table,[5] in which the numbers opposite the various foods represent comparable degrees of the excess of alkalinity per 100 grams:

	Approximate Potential Reserve Alkalinity (cc Normal Alkali)
PRUNES	24.40
Beans (Dried)	23.87
Beets	10.86
Potatoes	7.19
Oranges	5.61
Bananas	5.56
Lemons	5.45

[3] Petersen, W. H., and C. A. Elvehjem—"Journal of Biological Chemistry," June, 1928.
[4] Mrak, E. M., et al—U. S. Project No. 521.
[5] Sansum, W. D.—"The Normal Diet," 1927.

LAXATIVE VALUE OF PRUNES

The laxative benefits of Prunes are widely known. Prunes provide smooth fruit bulk—natural, safe, effective. In addition, Prunes possess an active laxative principle over and above the advantages of fruit bulk. This principle is present in all forms of Prune products. Prune Juice has it to a marked degree. *No other foods or fruits,* including those supplying roughage, contain this principle. Enjoy a glass of SUNSWEET Prune Juice daily. Or eat six or eight SUNSWEET "Tenderized" Prunes a day. See for yourself what this simple plan will do.

FOOD VALUE OF PRUNES

Analysis of the edible portion of Prunes shows the following:[6]

	Per Cent
Moisture	25.1
Protein	2.6
Fat	0.6
Sugar	45.0
Total Carbohydrates	70.8
Ash	1.5
Fiber	1.3
Calories per lb.	1,437

PRUNES FOR GOOD HEALTH

For Vitamins A, B_1, and B_2 . . . for iron and copper . . . for quick-energy fruit sugars, Prunes rank among the ten highest common foods. And Prunes are the *only* food ranking among the first ten in *all* these qualities. For all-around good health, for pep and energy, enjoy Prunes somewhere in your diet every day. And remember, Prunes are a natural product. Nothing is added, nothing is taken away except the water which is evaporated from the fresh fruit. The goodness is *put* there by Mother Nature, and *kept* there by the SUNSWEET moisture-proof, flavor-tight carton right up to the minute when the Prunes are opened in your own kitchen.

EAT 'EM LIKE CANDY

SUNSWEET'S special "Tenderized" process makes these Prunes so tender and delicious you'll enjoy eating them right out of the carton, like candy. Take them along on hikes, add a few to the school lunch, keep a package in your desk drawer. Eaten in their natural, uncooked state, they provide all the concentrated goodness of the natural fruit.

[6] California Dried Fruit Research Institute.

SUNSWEET Prunes Are Extra-Special

Because They're TREE RIPENED for Full Flavor

Most fruits are picked before they're fully ripe. But SUNSWEET Prunes are left to hang on the trees until they're so fully ripe, so heavy with goodness, that they fall of their own weight. That's why they're so rich and fruity and full of flavor. That's why they're extra-special.

Because They're "TENDERIZED" for Quick Cooking

SUNSWEET Prunes are "Tenderized" by an exclusive SUNSWEET process that makes them extra plump . . . extra tender . . . extra good in every way. Makes them cook faster, too . . . no soaking . . . only a 40-minute simmer. Makes them good eating right out of the package with no cooking at all!

Because They're HOT-PACKED in FOIL-SEALED Cartons

Hot-packed, SUNSWEET Prunes are mellowed by long, slow cooling inside the foil-sealed package. The foil-seal wrapping seals out air, dust, light and heat . . . seals in flavor and goodness. SUNSWEET fruits were the *first* to be marketed in cartons on a national basis, the *first* to be sealed in foil, the *first* to bring you the full rich goodness of the mellowed pack.

Because They're PACKED and GUARANTEED by the Growers Themselves

The growers of SUNSWEET Prunes are so proud of their product, so certain of its excellence, that they not only pack it themselves to insure perfect handling all the way through, but actually *guarantee* its goodness. Another reason why SUNSWEETS are extra-special.

CALIFORNIA PRUNE & APRICOT GROWERS ASSN.
MAIN OFFICE: SAN JOSE, CALIFORNIA

Growers and packers of SUNSWEET "Tenderized" Prunes in Medium, Large, and Extra Large Size Fruit, SUNSWEET "Tenderized" Apricots in Large and Medium Size Fruit, SUNSWEET "Tenderized" Peaches, SUNSWEET Prune Juice, SUNSWEET Whip-Prune, etc.

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PRUNE CREAM WHIP
(Page 7)

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SUNSWEETS "*TENDERIZED*" PROCESS BRINGS YOU ALL THE NATURAL GOODNESS OF CALIFORNIA TREE-RIPENED FRUITS

PRUNE CREAM WHIP

1½ cups cooked SUNSWEET "Tenderized" Prunes
⅓ cup powdered sugar
¼ teaspoon grated fresh orange rind
½ teaspoon cinnamon
Few grains salt
½ pint whipping cream
Maraschino cherries (may be omitted)

Pit prunes and cut into small pieces; add sugar, orange rind, cinnamon, salt, and mix. Whip cream until thick but not stiff. Whip prune mixture into cream, a small portion at a time. Chill thoroughly but do not freeze. Serve in glasses, topping each serving with a Maraschino cherry if desired. Serves 4. Illustrated Page 6.

SPICED APRICOT WHIP

2½ cups cooked SUNSWEET "Tenderized" Apricots
¾ cup granulated sugar
¼ teaspoon ground cloves
¼ teaspoon ginger
18 marshmallows
1½ cups whipping cream

Mash hot apricots to a pulp, add sugar, spices, and mix thoroughly; cool. Cut marshmallows into small pieces, add to cool apricots and mix well. Whip cream until thick but not stiff. Fold fruit mixture into cream, a little at a time. Chill. Serves 12.

SUNSWEET PRUNE JUICE GELATIN

2 cups SUNSWEET Prune Juice
½ cup granulated sugar
3 tablespoons lemon juice
4 teaspoons granulated gelatin
3 tablespoons cold water

Combine prune juice, sugar, lemon juice, and heat to boiling point. Moisten gelatin in cold water, add to hot juice and stir until dissolved. Pour into mold and chill. Serve with plain or whipped cream. Serves 6.

PRUNE HALF AND HALF

1 cup uncooked SUNSWEET "Tenderized" Prunes
2½ cups sifted all-purpose flour
1 teaspoon salt
5 teaspoons baking powder
6 tablespoons shortening
1⅓ cups milk
1 egg
½ cup granulated sugar
½ teaspoon cinnamon
4 tablespoons melted butter

Wash prunes in hot water, drain, pit, and put through medium food chopper. Sift flour, salt and baking powder together and work in shortening. Combine milk and slightly beaten egg, add to flour mixture and mix thoroughly but lightly. Pour into shallow baking pan. Sprinkle prunes over top, sprinkle sugar and cinnamon over prunes, and pour melted butter over all. Bake 25 minutes in hot oven (425 degrees F.). Serve warm with milk or cream. Serves 8.

PRUNE FLUFF

1½ cups cooked SUNSWEET "Tenderized" Prunes
½ cup SUNSWEET Prune Juice
½ cup granulated sugar
4 teaspoons lemon juice
½ teaspoon cinnamon
¼ teaspoon salt
1 tablespoon granulated gelatin
2 tablespoons cold water
5 egg whites
1 teaspoon vanilla

Pit prunes and mash to a pulp. Combine prune juice, sugar, lemon juice, cinnamon and salt in a saucepan and bring to a boil; continue boiling about 2 minutes and remove from heat. Moisten gelatin with cold water, add to juice and stir until gelatin is dissolved. Beat egg whites until stiff. Pour hot juice over egg whites and beat well. Add vanilla, prunes, and mix thoroughly but lightly. Pour into mold lined with waxed paper and chill. Unmold, slice, and serve with a soft custard. Serves 12. Illustrated Page 9.

SUNSWEET BETTY

1 cup cooked SUNSWEET "Tenderized" Prunes
2 cups sweetened, cooked SUNSWEET "Tenderized" Apricots
1⅓ cups liquid from Apricots
5 cups toasted white bread cubes
32 marshmallows
3 tablespoons butter
Whipped cream

Place a layer of prunes and apricots in bottom of large buttered casserole or baking dish; add a layer of bread cubes, a layer of cut marshmallows, another layer of fruits, and repeat until all are used, making the last layer bread cubes. Heat apricot liquid to boiling, add butter and pour over all. Bake covered in a moderate oven (350 degrees F.) about 35 minutes. Serve warm or cold with a topping of whipped cream. Serves 8 to 10.

PRUNE GINGER UPSIDE-DOWN CAKE

BOTTOM OF PAN

2 cups cooked SUNSWEET "Tenderized" Prunes
½ cup nut kernels
2 tablespoons melted butter
¾ cup granulated sugar
½ cup water
1 teaspoon ginger

Pit prunes and cut in halves. Chop nuts slightly. Combine butter, sugar, water and ginger in bottom of heavy iron skillet. Sprinkle nuts over all. Arrange prunes cut side down over nuts.

BATTER

¾ cup granulated sugar
¼ cup shortening
½ cup butter
½ cup dark molasses
2 eggs, well beaten
2 cups sifted all-purpose flour
½ teaspoon salt
2 teaspoons ginger
1 teaspoon cinnamon
1 teaspoon soda
¾ cup boiling water

Cream sugar, shortening, and butter thoroughly. Add molasses, beaten eggs, and mix. Add flour sifted with salt, spices, soda, and mix. Add boiling water and beat well. Pour batter over prune mixture in skillet. Bake in a moderate oven (325 degrees F.) for 1¼ hours. Run knife around sides of cake and invert pan to remove. Serve warm, plain or with whipped cream. Serves 8 to 10. Illustrated Page 9.

REPLACEMENT OR REFUND OF MONEY
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Top—
PRUNE FLUFF
(Page 8)

•

Center—
PRUNE
GINGER
UPSIDE-DOWN
CAKE
(Page 8)

•

Lower—
STEAMED
BROWNIE
(Page 11)

"*TENDERIZED*" FRUITS ARE SEALED IN FLAVOR-TIGHT CARTONS TO KEEP THEM FRESH AND CLEAN AND TENDER

SEVEN-DAY PRUNE CAKE
(Page 11)

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SUNSWEET UPSIDE-DOWN CAKE
(Page 11)

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THE NEW SUNSWEET "*TENDERIZED*" PROCESS MAKES THE PRUNES BETTER . . . MAKES THE CAKE BETTER, TOO

SEVEN-DAY PRUNE CAKE

1½ cups uncooked SUNSWEET "Tenderized" Prunes
1½ cups granulated sugar
¾ cup shortening
3 eggs, beaten
2¾ cups sifted all-purpose flour
½ teaspoon salt
1 teaspoon mace
1 teaspoon cinnamon
1½ teaspoons soda
¾ cup boiling coffee

Wash prunes, boil in sufficient water to cover 10 minutes, drain, pit, and put through food chopper, using medium knife. Cream sugar and shortening, add beaten eggs and mix. Add prunes and mix. Add flour sifted with salt, spices, and ½ teapsoon soda, and mix well. Add coffee in which remaining teaspoon of soda has been dissolved. Beat well. Pour into 3 well-greased layer-cake tins. Bake in a moderate oven (375 degrees F.) 25 minutes. Put layers together with butter and sugar icing. (This cake gathers moisture and will keep a full week without loss of flavor.) Serves 12. Illustrated Page 10.

SUNSWEET UPSIDE-DOWN CAKE

BOTTOM OF PAN

¼ cup water
½ cup granulated sugar
¼ cup melted butter
1 cup cooked, sweetened "Tenderized" Apricots
1 cup cooked "Tenderized" Prunes

BATTER

1¼ cups granulated sugar
⅔ cup fat
3 eggs
1 teaspoon vanilla extract
⅔ cup milk
2½ cups sifted all-purpose flour
3½ teaspoons baking powder
¾ teaspoon salt

Bottom of Pan: Combine water, sugar, and butter and stir to blend. Pour into greased paper-lined pan (about 10½x7½x2½ inches). Arrange fruits over mixture, alternating apricots and pitted prunes.

Batter: Cream sugar and fat together, add beaten egg yolks and flavoring and stir to blend. Add milk alternately with flour sifted with baking powder and salt, and mix. Fold in stiffly beaten egg whites. Pour batter over fruit. Bake in moderate oven (350 degrees F.) about 1 hour and 10 minutes. Invert pan onto serving plate and remove paper. Serve with whipped cream. Serves 10 to 12. Illustrated Page 10.

STEAMED BROWNIE

1½ cups uncooked SUNSWEET "Tenderized" Prunes
1 cup seeded raisins
½ cup candied cherries, cut in halves
1 cup brown sugar (packed down)
1 cup ground suet
¾ cup light molasses
1 cup mashed white potatoes
2 eggs, beaten
3 cups sifted all-purpose flour
½ teaspoon cloves
1 teaspoon allspice
2 teaspoons cinnamon
1 teaspoon salt
½ teaspoon soda
3 teaspoons baking powder

Wash prunes in hot water, cut from pits and put through food chopper using a medium knife. Wash and drain raisins. Combine sugar, suet, molasses, and mix well; add potatoes, eggs, prunes, raisins, cherries, and mix. Add flour sifted with spices, salt, soda, baking powder, and beat well. Pour into well-greased molds, filling two-thirds full (sufficient for two 2½-pint molds). Cover and steam 3 hours (smaller molds will require less time). Serve with hard, lemon, orange or brandy sauce. Serves 18 to 20. Illustrated Page 9.

SUNSWEET HOLIDAY CAKE

1 cup uncooked SUNSWEET "Tenderized" Prunes
¾ cup uncooked SUNSWEET "Tenderized" Apricots
1 cup sliced citron
¼ cup sliced candied lemon peel
1 cup candied cherries
½ cup sliced candied orange peel
1¾ cups raisins
1 teaspoon mace
½ teaspoon cloves
½ teaspoon allspice
2 teaspoons cinnamon
1 cup SUNSWEET Prune Juice
½ cup orange juice
1 cup strained honey
1 cup shortening
1 cup granulated sugar
4 eggs, beaten
2 teaspoons brandy or rum extract
1 cup walnut kernels
4 cups sifted all-purpose flour
1 teaspoon salt
1¼ teaspoons soda moistened in 1 tablespoon water

Immerse prunes in boiling water for 10 minutes, drain and cut from pits in small pieces. Wash apricots, drain and cut into strips. Combine fruits and peels with spices, cover with prune juice, orange juice, honey, and allow to stand overnight. Cream shortening with sugar, add well-beaten eggs, extract, and combine with fruit mixture and nuts. Add flour and salt and beat thoroughly. Last add soda, and when well blended pour into greased paper-lined large pan and bake 2½ hours in a slow oven (250 to 300 degrees F.). A tube pan is preferable. Illustrated Page 13.

TUFRUIT CHOCOLATE LAYER CAKE

1 cup uncooked SUNSWEET "Tenderized" Prunes
1 cup seedless raisins
2 1-ounce squares bitter chocolate
1½ cups granulated sugar
¾ cup shortening
1 cup milk
2½ cups sifted all-purpose flour
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon vanilla
3 eggs, beaten

Wash prunes, boil 10 minutes in sufficient water to cover, drain, pit, and cut into small pieces. Wash raisins, drain and chop. Sift small amount of the flour over fruits. Cut chocolate and melt over warm water. Cream sugar and shortening thoroughly, add chocolate and mix. Sift flour with baking powder and salt, and add alternately with milk, beating well. Add fruits, vanilla, well beaten eggs, and mix thoroughly. Pour into 3 greased layer cake tins and bake 25 to 30 minutes in a moderate oven (375 degrees F.). Join layers with boiled frosting. Serves 12. Illustrated Page 13.

PEACH SPICE CAKE

2 cups cooked, unsweetened SUNSWEET "Tenderized" Peaches
1½ cups granulated sugar
⅔ cup shortening
3 eggs, beaten
2¾ cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt
2 teaspoons ginger
1 teaspoon cloves

Drain peaches and mash to a pulp (should measure 1½ cups mashed). Cream sugar and shortening, add beaten eggs, peaches, and mix thoroughly. Add flour sifted with baking powder, soda, salt, ginger and cloves, and beat well. Bake in 3 greased layer cake tins in a moderate oven (375 degrees F.) 25 to 30 minutes. Join layers and spread top and sides with butter-sugar icing or boiled frosting. Serves 12. Illustrated Page 13.

REPLACEMENT OR REFUND OF MONEY
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Left—
PEACH
SPICE CAKE
(Page 12)

•

Right—
SUNSWEET
HOLIDAY
CAKE
(Page 12)

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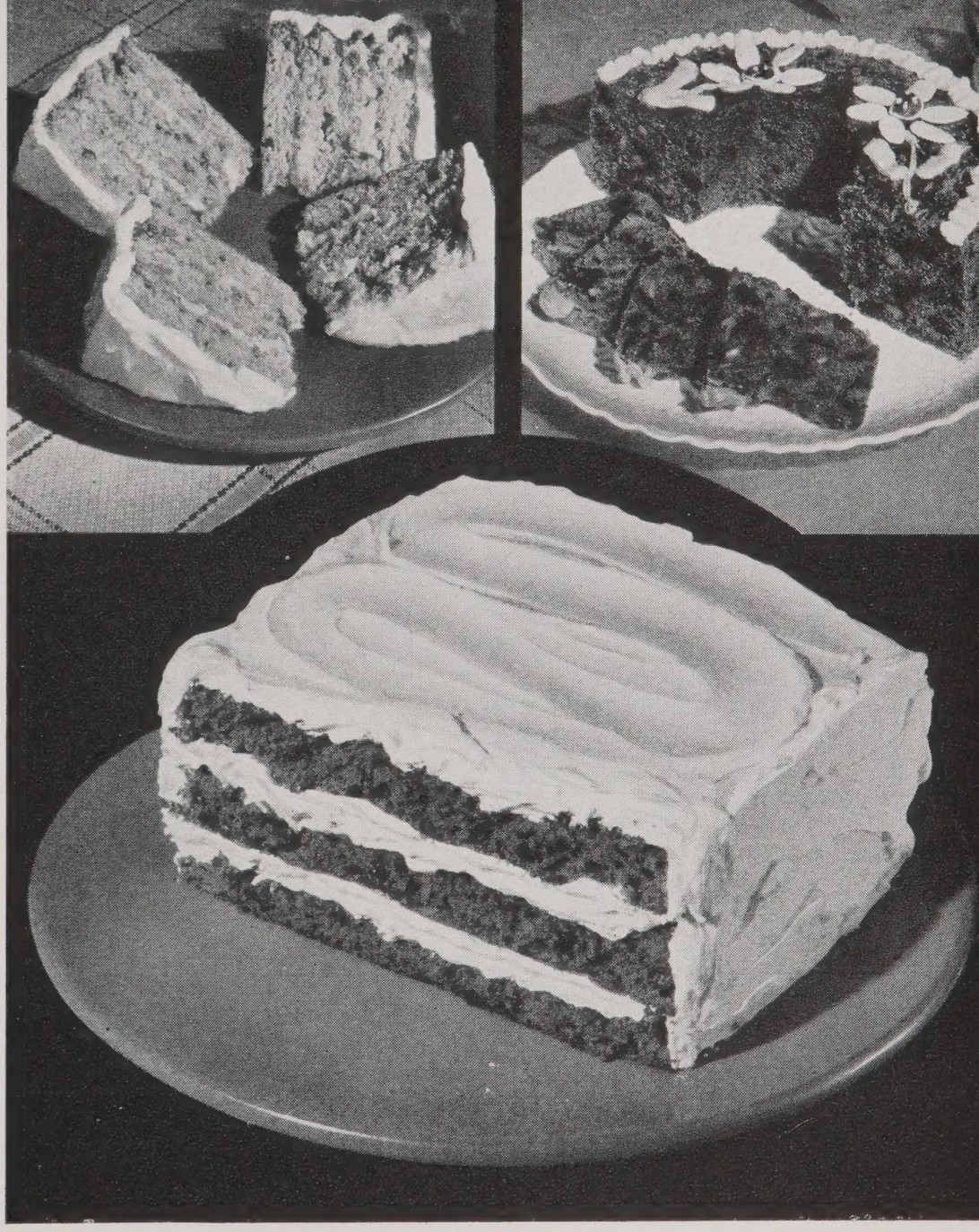
Lower—
TUFRUIT
CHOCOLATE
LAYER
CAKE
(Page 12)



LOOK FOR THE WORD "*TENDERIZED*"
ACROSS THE FACE OF THE CARTON . . .
FOR BETTER FRUIT, FOR FINER FLAVOR

SUNSWEET ICEBOX FRUIT CAKE
(Page 15)

SUNSWEET ICEBOX FRUIT CAKE . . . A FAMOUS NEW RECIPE FOR SUNSWEET'S NEW "*TENDERIZED*" FRUITS — TRY IT!

SUNSWEET ICEBOX FRUIT CAKE

1 cup candied cherries, cut in quarters
⅓ cup finely cut preserved orange peel
⅓ cup finely cut preserved lemon peel
¾ cup finely cut citron
1½ cups puree made from cooked SUNSWEET "Tenderized" Prunes
1 cup puree made from cooked SUNSWEET "Tenderized" Apricots
1 cup granulated sugar
1 cup orange juice, unstrained
1½ cups seedless raisins, washed and sliced
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon nutmeg
1 teaspoon brandy flavoring
4 tablespoons granulated gelatin
6 tablespoons cold water
1½ pints whipping cream
1 cup walnut kernels

Combine fruits, preserved peels, purees, sugar, orange juice, spices and brandy flavoring, let stand for 1½ hours. Heat to the boiling point, remove from heat. Moisten gelatin in cold water, dissolve in hot fruit; cool. Whip cream until thick but not stiff. Whip cold fruit into the cream. Chop walnuts fine and sprinkle over bottom of a 10-in. tube cake pan (halved candied cherries may be added also). Pour cream mixture over nuts. Place in refrigerator or icebox over night but do not freeze. Slice to serve. Serves 8 to 20. Illustrated Page 14.

PRUNE COFFEE CAKE

SPONGE

1 cup milk
4 compressed yeast cakes
1 tablespoon salt
2 cups sifted all-purpose flour

Heat milk to lukewarm, add crumbled yeast and stir until dissolved. Add salt and flour, and beat. Cover and let rise in warm place 1 hour.

BATTER

1½ cups uncooked SUNSWEET "Tenderized" Prunes
1 cup water
¾ cup granulated sugar
¼ cup butter
½ teaspoon cinnamon
2 eggs, beaten
3½ cups sifted all-purpose flour

Wash prunes, drain, and cut in small pieces. Add water and let stand 1 hour. Cream sugar, butter, cinnamon, and combine with sponge. Add prunes (do not drain), beaten eggs, flour, and beat well. Cover and let rise in warm place 1 hour. Beat down, pour into well-greased pan (about 10 x 10 x 2¼ in.), and let rise 40 minutes. Bake 30 minutes at 400 degrees F.

TOP: If desired, remove from oven after 20 minutes and cover with ⅓ cup granulated sugar moistened with 3 tablespoons cream and ½ teaspoon vanilla. Return to oven and bake 15 minutes longer. Serve hot. Serves 14 to 16.

PRUNE MUFFINS

1 cup uncooked SUNSWEET "Tenderized" Prunes
5 tablespoons shortening
3 tablespoons granulated sugar
½ teaspoon salt
2 eggs, beaten
1 cup buttermilk
½ teaspoon soda
3 cups sifted all-purpose flour
4 teaspoons baking powder

Immerse prunes in boiling water 10 minutes, drain, and cut from pits in small pieces. Cream shortening, sugar, and salt; add beaten eggs, prunes, and mix. Add milk in which soda has been dissolved, flour sifted with baking powder, and mix lightly. Fill well-greased muffin rings three-fourths full. Bake in a hot oven (425 degrees F.) 20 minutes. Makes 16 medium-sized muffins. Illustrated Page 17.

PRUNE YEAST BREAD

2 cups uncooked SUNSWEET "Tenderized" Prunes
1 cup SUNSWEET Prune Juice
1 cup milk
3 compressed yeast cakes
4 tablespoons shortening
3 tablespoons granulated sugar
1 tablespoon salt
1 teaspoon cinnamon
7 cups sifted all-purpose flour (may vary slightly)

Cover prunes with boiling water, let stand 10 minutes, drain and cut from pits in small pieces. Combine prune juice and milk and heat to lukewarm; add yeast, stir until dissolved, and let stand about 10 minutes. Cream shortening, sugar, salt and cinnamon. Add dissolved yeast, part of flour, and mix. Add prunes, remainder of flour, and mix well. Lift to well-floured board and knead until smooth and elastic. Cover and let rise in warm place away from air until double in bulk (1¼ hours). Form into 2 loaves and let rise until double in size (about 1 hour). Place in loaf pans. Bake in a moderate oven (375 degrees F.) 45 minutes. Illustrated Page 17.

APRICOT UPSIDE-DOWN CAKE

BOTTOM OF PAN

½ cup brown sugar
¼ cup butter
½ teaspoon cinnamon
3 tablespoons water
2 cups cooked, sweetened SUNSWEET "Tenderized" Apricots

Combine brown sugar, butter, cinnamon and water in the bottom of an iron skillet (about 10 x 2 in.), and place in oven until butter is melted; spread mixture evenly over bottom. Place a layer of apricots cut side down over syrup.

BATTER

1 cup granulated sugar
½ cup shortening
2 eggs, beaten
½ cup milk
1¾ cups sifted all-purpose flour
½ teaspoon salt
2½ teaspoons baking powder
1 teaspoon vanilla

Cream sugar and shortening, add beaten eggs and mix thoroughly. Add milk alternately with flour sifted with salt and baking powder, add vanilla and beat well. Pour batter evenly over fruit. Bake 45 minutes on high grate in a moderate oven (375 degrees F.). To remove from pan, run spatula or knife around edge of cake and invert pan. Serve warm or cold with whipped cream. Serves 8 to 10. Illustrated Page 17.

APRICOT NUT LOAF

2 cups SUNSWEET "Tenderized" Apricots
1 cup water for Apricots
¾ cup granulated sugar for Apricots
2 cups milk
3 compressed yeast cakes
4 tablespoons shortening
2 tablespoons granulated sugar
1 tablespoon salt
2 eggs, beaten
1 cup walnut kernels, coarsely chopped
8 cups sifted all-purpose flour (may vary from ½ to ¾ cup)

Wash apricots, drain, add water and sugar and boil 10 minutes. Water should be evaporated; if not, drain. Cut apricots into small pieces and cool. Heat milk to lukewarm, add crumbled yeast and stir until dissolved. Cream shortening, sugar and salt, add dissolved yeast, beaten eggs, apricots, nut kernels, flour, and mix thoroughly. Lift to floured board and knead for about 5 minutes. Return to bowl and set in warm place away from air to rise. When double in bulk (about 1½ hours) punch down, and let rise again 30 minutes. Form into 2 large loaves and let rise until double in size (about 40 minutes). Place in loaf pans. Bake in a moderate oven (350 degrees F.) for 1 hour.

REPLACEMENT OR REFUND OF MONEY
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Top—
PRUNE MUFFINS
(Page 15)

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Left—
APRICOT UPSIDE-DOWN CAKE
(Page 16)

•

Right—
PRUNE YEAST BREAD
(Page 16)

EXTRA HEALTH, EXTRA FLAVOR, EXTRA GOODNESS • SUNSWEET "*TENDERIZED*" FRUITS MEAN MORE IN EVERY WAY

SIMPLICITY PRUNE PIE

2 cups uncooked SUNSWEET "Tenderized" Prunes
½ medium-sized lemon (rind included)
1¼ cups water
⅔ cup granulated sugar
2 tablespoons quick-cooking tapioca
½ teaspoon salt
½ teaspoon mace
Pastry for double 9-inch crust

Immerse prunes in boiling water 5 minutes, drain, cut from pits and put through food chopper, using medium knife. Put lemon through food chopper and combine with prunes, water, sugar, tapioca, salt and mace; boil 4 to 5 minutes, stirring to prevent scorching. Pour into pastry-lined pie pan, cover with top crust, and bake in a hot oven (425 degrees F.) 30 minutes. Serve cold. Illustrated Page 19.

APRICOT WHIPPED-CREAM PIE

2 cups SUNSWEET "Tenderized" Apricots
5 cups water
4 tablespoons quick-cooking tapioca
1½ cups granulated sugar
¼ teaspoon salt
1 teaspoon vanilla
½ pint whipping cream
Baked pastry shell (10-inch)
½ cup toasted shredded cocoanut

Wash apricots, drain, add water and boil 20 minutes. Add tapioca and boil 10 minutes, stirring frequently. Add sugar and salt and continue boiling 10 minutes, stirring continuously. Remove from heat, add vanilla and chill. Whip cream until thick; whip apricots into cream a small portion at a time. Pour into baked pastry shell and sprinkle cocoanut over top. Chill before serving. Serves 8. Illustrated Page 19.

PINE-COT MERINGUE NESTS

NESTS

3 egg whites
Few grains salt
¾ cup granulated sugar
4 drops lemon extract

Add salt to egg whites and beat until stiff; add sugar by tablespoons, beating well between each addition; lastly add lemon extract. Place meringue by spoonfuls on a cookie sheet lined with plain heavy paper and bake in a slow oven (275 degrees F.) for 50 minutes. Remove from paper while warm, scoop out centers, and fill with apricot-pineapple filling.

FILLING

1½ cups uncooked SUNSWEET "Tenderized" Apricots
½ cup crushed pineapple
¾ cup water
4 tablespoons strained honey
2 tablespoons granulated sugar

Wash apricots and run through food chopper using medium knife. Combine with pineapple, water, honey and sugar, and mix thoroughly. Boil 8 to 10 minutes, stirring continuously to prevent burning. Sufficient for 8 nests. Serves 8. Illustrated Page 19.

REPLACEMENT OR REFUND OF MONEY
Guaranteed by Good Housekeeping
IF NOT AS ADVERTISED THEREIN

Left—

SIMPLICITY PRUNE PIE

(Page 18)

•

Right—

PINE-COT MERINGUE NESTS

(Page 18)

•

Lower—

APRICOT WHIPPED-CREAM PIE

(Page 18)

"TENDERIZED" FRUIT IS EXTRA FINE TO BEGIN WITH . . . THIS EXCLUSIVE SUN-SWEET PROCESS MAKES IT EVEN FINER

PRUNE PIE
MAJESTIC
(Page 21)

"*TENDERIZED*" IS AN EXCLUSIVE SUNSWEET PROCESS . . . APPLIED ONLY TO THE FINEST OF CALIFORNIA FRUITS

PRUNE PIE MAJESTIC

2 cups cooked SUNSWEET "Tenderized" Prunes
2 cups sliced bananas
⅔ cup strained honey
¼ cup butter
¼ teaspoon lemon extract
Baked pastry shell (9-inch)
Meringue (basis 3 egg whites)

Pit prunes and cut into small pieces. Cream honey and butter until thick and smooth, add prunes, bananas, extract, and mix thoroughly. Pour into baked pastry shell, cover with meringue, bake 10 minutes in moderate oven (350 degrees F.). Illustrated Page 20.

YELLOW GOLD APRICOT PIE

2 cups uncooked SUNSWEET "Tenderized" Apricots
1½ cups water
1 cup granulated sugar
½ teaspoon salt
2 teaspoons horseradish
2 tablespoons quick-cooking tapioca
1 tablespoon butter
Pastry for double 9-inch crust

Wash apricots, drain, and put through medium food chopper. Combine with water, sugar, salt, horseradish, tapioca and butter. Bring to a boil and continue boiling 3 to 4 minutes, stirring to prevent scorching. Cool slightly and pour into a pastry-lined pie pan; cover with top crust. Bake in a hot oven (425 degrees F.) 30 minutes. Serve cold.

PEACH-BANANA PIE

2 cups cooked SUNSWEET "Tenderized" Peaches
1 cup sliced bananas (2 medium sized)
1 cup liquid from Peaches
2 tablespoons cornstarch
2 tablespoons cold water
1 tablespoon butter
Few grains salt
¾ cup granulated sugar
Baked pastry shell
Meringue or whipped cream

Slice peaches and bananas and combine. Bring peach liquid to a boil, add cornstarch (moistened in 2 tablespoons cold water), butter, salt, sugar, and cook until thick and clean, stirring constantly. Remove from heat, add peach and banana mixture, and pour into one 9-inch baked pastry shell. Cover with meringue and bake 10 minutes in moderate oven (325 degrees F.), or cool and cover with whipped cream.

FRUIT PASTRY STRIPS

1 cup SUNSWEET "Tenderized" Peaches
1¼ cups liquid from Peaches
1 cup seedless raisins
¼ cup granulated sugar
¼ teaspoon salt
1 tablespoon cornstarch
1 tablespoon cold water
¼ teaspoon vanilla
Flaky pastry
2 tablespoons butter
1 teaspoon cinnamon

Wash peaches, boil 5 minutes in water to cover, and drain, saving liquid (should be about 1¼ cups). Remove skins and cut peaches into pieces, add liquid, return to heat and continue boiling 25 minutes. Add raisins, sugar, salt, and boil 10 minutes. Add cornstarch moistened with cold water, stir until mixture boils and is clear, add vanilla and cool.

Roll pastry ⅛ in. thick, dot with butter, sprinkle lightly with cinnamon, and spread a thin layer of filling over half the pastry. Fold other half of pastry over filling. Cut into strips 1 in. wide and 2½ ins. long, and press edges together with a fork. Lay on a cookie sheet, prick tops with fork and bake in a hot oven (400 degrees F.) until brown.

Top—
SUNSWEET
PRUNE DEVILS
(Page 24)

•

Left—
FILLED
PRUNE
COOKIES
(Page 23)

•

Right—
APRICOT
CONFECTION
AND
CHOCOLATE
PRUNE DROPS
(Page 23)

"*TENDERIZED*" FRUITS ARE GREAT FOR THE SCHOOL LUNCH . . . JUST TUCK IN A GENEROUS HANDFUL, "AS IS"

APRICOT CONFECTION

1 cup puree from cooked SUNSWEET "Tenderized" Apricots
4 tablespoons granulated gelatin
½ cup cold liquid in which Apricots were cooked
2 cups granulated sugar
½ cup hot liquid in which Apricots were cooked
4 tablespoons orange juice
2 teaspoons grated orange rind

Soften gelatin in cold apricot liquid. Add sugar to hot apricot liquid, bring to a boil, add gelatin, orange juice, orange rind, and boil slowly 20 minutes. Remove from heat, add apricot puree, and mix thoroughly. Pour into waxed paper-lined pan and allow to set. Cut in desired shapes and roll in powdered sugar. Makes about 2½ dozen medium-sized pieces. Illustrated Page 22.

CHOCOLATE PRUNE DROPS

2 cups uncooked SUNSWEET "Tenderized" Prunes
2 cups granulated sugar
¼ cup white corn syrup
1 cup water
4 egg whites
1 cup finely cut citron
¾ pound dipping chocolate

Wash prunes in hot water, dry with cloth, and cut from pits in small pieces. Combine sugar, corn syrup and water in a deep saucepan or kettle and cook to 238 degrees F., or until syrup forms a soft ball when small amount is dropped into cold water. Beat egg whites until very stiff, add hot syrup slowly, beating continuously with a rotary beater. When firm add prunes and citron. Beat with heavy spoon until very thick; cool. Cut chocolate fine and dissolve over lukewarm water, stirring to dissolve lumps. When chocolate is creamy add egg mixture, a small amount at a time, and blend thoroughly. Drop by teaspoonfuls onto waxed paper to harden. Makes about 6 dozen drops. Illustrated Page 22.

FILLED PRUNE COOKIES

FILLING

1½ cups cooked SUNSWEET "Tenderized" Prunes
1 medium-sized orange
¼ cup SUNSWEET Prune Juice
⅓ cup granulated sugar
1 teaspoon cinnamon
¼ teaspoon salt
1 tablespoon melted butter
½ cup chopped walnut kernels

Pit the prunes and cut them into small pieces. Peel the orange, cut it into small pieces, and combine with prunes, prune juice, sugar, cinnamon, salt and butter, and bring to a boil. Let cook until very thick, stirring continuously to prevent scorching. Remove from heat, add nut kernels and cool.

COOKIES

1 cup butter
2 cups granulated sugar
3 eggs, beaten
2 teaspoons vanilla
3¾ cups sifted all-purpose flour
½ teaspoon salt
3 teaspoons baking powder

Cream the butter and sugar, add the well-beaten eggs, vanilla, and mix. Add flour sifted with salt and baking powder, and mix well. Divide dough into pieces of convenient size to handle. Roll in waxed paper and chill. Then place on floured board and roll out into thin sheet. Cut into rounds with cookie cutters. Top rounds should be slightly larger than bottom rounds and have small slits in centers. Place lower rounds on well greased cookie sheet, add a small portion of filling, spreading nearly to the edges. Cover with top rounds and pinch edges of rounds together. Bake in a hot oven (400 degrees F.) 15 minutes. Makes about 2½ dozen large cookies. Illustrated Page 22.

CHEESE STUFFED SUNSWEETS

50 uncooked SUNSWEET "Tenderized" Prunes, Apricot or Peach halves
2 3-oz. packages cream cheese
4 tablespoons mayonnaise or cream
½ teaspoon prepared mustard
¼ teaspoon garlic, onion, celery or table salt
Paprika

Wash fruits in warm water; wrap in a towel and steam over water 15 minutes (a steamer can be easily improvised by using a sieve or colander over boiling water in a deep saucepan). Rub skins from peaches and flatten. Cut prunes down one side and remove pits. Combine cheese, mayonnaise or cream, mustard and salt, and rub to a paste. Fill pastry gun or paper cone and decorate tops of fruits. Sprinkle with paprika if desired, and arrange on a large platter or tray. Other kinds of grated or sieved cheese or cheese spreads may be used, moistening with mayonnaise or cream as required.

SUNSWEET PRUNE DEVILS

½ cup cooked SUNSWEET "Tenderized" Prunes
1 can deviled meat (¼ cup)
2 tablespoons catsup
Few drops tabasco sauce
2 tablespoons chopped sour cucumber pickle
Few grains salt
2 tablespoons finely cut parsley
2 tablespoons finely cut onion
Bread and butter
Lettuce

Remove pits from prunes and cut in pieces. Add meat, catsup, tabasco sauce, salt, cucumber pickle, parsley and onion. Blend lightly. Spread between slices of buttered bread with lettuce between each. Cut in desired shapes. Illustrated Page 22.

APRICOT CHEESE FINGERS

½ pint SUNSWEET "Tenderized" Apricot Jam
8 slices whole wheat bread
Butter
Grated American cream cheese or any quick-melting cheese

Toast bread on both sides; spread with butter, then with jam. Sprinkle grated cheese over jam and place under broiler until cheese is melted. Cut into strips or any desired shapes. Serve hot. A delicious accompaniment for tea.

PEACH STRIPS

1 cup SUNSWEET "Tenderized" Peaches
Granulated sugar

Wash peaches, steam 5 minutes. Let cool and remove skins. Flatten halves as much as possible, then cut in very thin strips and roll in granulated sugar.

PRUNE-HAM ROLLS

1 cup cooked SUNSWEET "Tenderized" Prunes
6 slices boiled ham (cut ⅛ inch thick)
⅓ cup tomato catsup
2 cups white bread crumbs
2 eggs
2 tablespoons milk

Pit prunes and slice. Spread tomato catsup over top side of ham and cover with prune pieces. Roll ham, pin together with toothpicks or small skewers. Beat eggs, add milk and stir. Dip ham rolls into egg mixture, then into bread crumbs, again into egg, and again into crumbs. Fry in deep fat to a golden brown color. Serves 6. Illustrated Page 25.

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PRUNE-HAM ROLLS
(Page 24)

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SUNSWEET "*TENDERIZED*" FRUITS ARE IN SEASON EVERY MONTH IN THE YEAR . . . RIGHT ON YOUR PANTRY SHELF

Top—
VEAL BIRDS
(Page 27)

•

Center—
SUNSHINE HAM
(Page 27)

•

Lower—
JACK HORNER FRITTERS
(Page 27)

EAT THEM RIGHT FROM THE CARTON. YOU'LL FIND A NEW FRUIT TREAT IN THE NEW "*TENDERIZED*" SUNSWEETS

VEAL BIRDS WITH PRUNE DRESSING

1½ cups cooked SUNSWEET "Tenderized" Prunes
1 cup finely cut celery
½ cup finely cut green sweet pepper
1 small onion, chopped fine
1½ cups bread crumbs
Salt and pepper to taste
2 pounds round veal steak
Oil or fat
3 cups hot water

Pit prunes, cut into small pieces, combine with celery, sweet pepper, onion, bread crumbs, salt and pepper, and mix thoroughly. Cut steak into squares 3 to 4 inches in size, free from bone. Sprinkle with salt and pepper. Place small amount of dressing on each square, roll, and pin together with toothpicks. Heat frying-pan, add enough oil or fat to fry rolls until brown on all sides. Place rolls in a kettle and pour over them the fat in which they were fried. Add 3 cups hot water, cover tightly, and cook over low heat for 1 hour or until meat is tender. This makes 12 to 14 rolls. Allow 3 rolls to a serving. The extra dressing may be baked in a separate pan, adding a small amount of butter. Serves 4 or 5. Illustrated Page 26.

SUNSHINE HAM

1½ cups SUNSWEET "Tenderized" Apricots
½ cup granulated sugar
2 large slices ham, cut ¾ inch thick
⅓ cup brown sugar
¼ teaspoon ground cloves
1 cup liquid in which Apricots were cooked

Wash apricots and boil in sufficient water to cover generously for 10 minutes; add granulated sugar, continue boiling 5 minutes and drain, saving liquid. If ham is very salty, parboil to remove salt. Place in baking pan and arrange apricots over ham slices. Combine brown sugar and cloves and sprinkle over apricots. Pour liquid over all. Cover pan and bake 30 minutes in a hot oven (425 degrees F.); uncover and continue baking 45 minutes, basting often. Lift to serving platter and pour liquid from pan over ham. Serves 6. Illustrated Page 26.

JACK HORNER FRITTERS

12 cooked SUNSWEET "Tenderized" Prunes
Orange slices, pineapple pieces or candied cherries for filling Prunes
Deep fat for frying
Tart jelly
⅓ cup granulated sugar
2 tablespoons shortening
1 large egg, beaten
¼ cup milk
1 cup sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon vanilla

Before preparing batter, remove pits from prunes and refill cavities with orange slices, pineapple pieces, or candied cherries. Then cream sugar and shortening, add beaten egg and mix. Add milk, flour sifted with baking powder and salt, and mix. Add vanilla and beat well. Dip each stuffed prune into batter, being sure fruit is well covered. Fry in deep fat to a golden brown, and drain on paper. Serve hot. Top each fritter with a spoonful of tart jelly just before serving. Serves 6 to 8. Illustrated Page 26.

PERENNIAL PRUNE SALAD

16 cooked SUNSWEET "Tenderized" Prunes
1 package Philadelphia cream cheese
½ cup finely cut celery
⅓ cup sweet pickle relish
⅛ teaspoon salt
Few drops tabasco sauce
Lettuce
Paprika
Mayonnaise (optional)

Remove pits from prunes, leaving prunes as whole as possible. Combine cheese, celery, pickle relish, salt and tabasco sauce and mix thoroughly. Refill prunes and arrange on lettuce-garnished salad plates. Sprinkle tops with paprika. Garnish with mayonnaise if desired. Serves 4. Illustrated Page 29.

FRUITED CHEESE SALAD

2 cups pitted, cooked SUNSWEET "Tenderized" Prunes
3 grapefruit
1½ tablespoons granulated gelatin
3 tablespoons cold water
1 pint cottage cheese
1 cup mayonnaise
¾ cup chili sauce
¼ pint whipping cream
Lettuce

Cut prunes into pieces. Peel grapefruit, remove sections, and if sections are large, cut in half. Soften gelatin in cold water and dissolve over hot water. Combine cottage cheese with mayonnaise, chili sauce and dissolved gelatin. Add stiffly beaten cream, prunes, grapefruit, and blend thoroughly. Pour into shallow pan and chill. Cut into squares and serve on lettuce. Serves 10 to 12.

PEPPER-COT SALAD

1 cup SUNSWEET "Tenderized" Apricots
2½ cups water
¼ cup granulated sugar
Few grains salt
1 tablespoon gelatin
2 tablespoons cold water
3 green sweet peppers
Lettuce
Mayonnaise

Wash apricots, add water and boil until soft, about 25 minutes, and water is well absorbed. Add sugar, salt, and mash by beating with a spoon. Soften gelatin in cold water, add to hot apricots and stir until dissolved; cool. Cut top from peppers, remove seeds and wash. Refill with apricot mixture and chill. Place in glasses or cups to keep upright. When chilled, slice crosswise and serve on lettuce with a garnish of mayonnaise. Serves 6.

EDEN SALAD

1 cup cooked SUNSWEET "Tenderized" Prunes
1 cup diced apple
1 cup pineapple pieces
½ cup finely cut green sweet pepper
¼ teaspoon salt
French dressing
Lettuce

Pit prunes and cut into quarters. Combine with apple, pineapple pieces, green pepper, salt and dressing, and mix lightly. Serve immediately on lettuce-garnished salad plates. Serves 6.

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PERENNIAL
PRUNE SALAD
(Page 28)

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ONLY SUNSWEET FRUITS...IN FLAVOR-TIGHT CARTONS...ARE PREPARED IN THE NEW "*TENDERIZED*" WAY

Top—
SUNSWEET FRUITS IN CEREAL
(Page 31)

•

Center—
CHILLED PRUNES IN CREAM

•

Lower—
STEWED APRICOTS
(Page 31)

NO SOAKING, QUICK COOKING . . . THESE NEW "*TENDERIZED*" FRUITS TAKE MINUTES, NOT HOURS, TO PREPARE

SUNSWEET BREAKFAST FRUITS

(Quick-cooking, No Soaking—Good for Breakfast or Any Meal)

PRUNES. (Illustrated Page 30.) Wash SUNSWEET "Tenderized" Prunes, cover with water (allowing for evaporation during cooking), and boil briskly for 45 minutes. Count the cooking time after the water has begun to boil. No sugar is necessary, but if a heavy syrup is desired, for each cup of fruit used add two tablespoons of sugar 5 minutes before the cooking is completed.

APRICOTS. (Illustrated Page 30.) Wash SUNSWEET "Tenderized" Apricots, cover generously with water, and boil for 30 minutes. Count the cooking time after the water has started to boil and replenish the water if the evaporation is rapid. Five minutes before the cooking is completed, add ¼ cup of sugar (or more if desired) for each cup of Apricots used.

MIXED FRUITS. Use equal amounts of SUNSWEET "Tenderized" Prunes and SUNSWEET "Tenderized" Apricots or Peaches for a delicious flavor blend. Wash fruits, cover with water, and boil briskly for 45 minutes. Allow ¼ cup sugar for each cup of fruit used, and add for the last 5 minutes of cooking. Sugar may be increased to please individual tastes. Replenish water as and if needed.

PEACHES. Wash SUNSWEET "Tenderized" Peaches, cover generously with water, and boil briskly for 40 minutes, counting the cooking time after the water has started to boil. Five minutes before the cooking is finished, add ¼ cup of sugar for each cup of Peaches used.

SUNSWEET FRUITS IN CEREAL

Add cooked SUNSWEET fruits, whole or sliced, to hot cereals 10 minutes before cereal cooking is finished, or long enough to heat fruit thoroughly. A good proportion is ½ cup of cooked fruit to 1 cup of dry cereal. With prepared cereals SUNSWEET fruits, hot or cold, may be placed on top of cereals just before serving. Illus. Page 30.

PRUNE CHERIO COMPOTE

1½ cups cooked sweetened SUNSWEET "Tenderized" Prunes
1¼ cups cooked pitted cherries
1 cup SUNSWEET Prune Juice
⅔ cup cherry juice
Peppermint (extract or oil) to taste.

Pit prunes, cut into quarters and arrange with cherries in stemmed glasses. Combine juices, add peppermint, and serve over fruits. Serves 4.

BLACK AND GOLD COMPOTE

1 cup puree from cooked SUNSWEET "Tenderized" Apricots
½ cup juice from cooked SUNSWEET "Tenderized" Apricots
½ cup granulated sugar
2 tablespoons granulated gelatin
3 tablespoons cold water
2 cups cooked SUNSWEET "Tenderized" Prunes
1 cup diced pineapple
1½ cups pineapple juice
Few drops lemon juice

Combine apricot puree, juice and sugar and heat to boiling; remove from fire. Moisten gelatin in cold water, add to hot puree and stir until gelatin dissolves. Pour into shallow pan, place in refrigerator until firm, and cut in cubes. Pit prunes, cut into fair-sized pieces, and arrange in stemmed glasses with apricot cubes and pineapple. Combine pineapple and lemon juices and pour over fruits. Serves 6.

FROZEN APRICOT SHORTCAKE

1 cup SUNSWEET "Tenderized" Apricots
2½ cups water
⅓ cup granulated sugar
1 teaspoon granulated gelatin
1 tablespoon cold water
1 egg, beaten
¼ cup granulated sugar
1 teaspoon vanilla
1 cup whipping cream
Sponge cake

Boil apricots in water until very soft, about 25 minutes, add sugar, allow to come to a good boil, remove from heat and beat to a pulp. Soften gelatin in cold water and dissolve in the hot apricots; cool. Beat egg very light, add sugar, vanilla, and beat again. Whip cream and blend with egg. Arrange a layer of sponge cake, cut about ¼ inch thick, in bottom of refrigerator pan, spread with apricots and cover with whipped mixture. Freeze in freezing tray of automatic refrigerator with temperature control at coldest setting until firm enough to serve. Cut in squares and serve cream side up. Serves 6. Illustrated Page 33.

PRUNE ICE CREAM

2 cups uncooked SUNSWEET "Tenderized" Prunes
1 cup milk
½ cup granulated sugar
1 teaspoon granulated gelatin
1 tablespoon cold water
4 eggs, beaten
1 tablespoon vanilla
¼ teaspoon salt
½ pint whipping cream

Wash prunes in hot water, cut from pits and put through food chopper using a fine knife. Combine milk and sugar and heat to boiling. Moisten gelatin in cold water, add to milk and stir until dissolved. Pour hot mixture over well-beaten eggs, stirring to prevent curdling; add vanilla, salt, cream, prunes, and beat until well blended. Freeze in freezing tray of automatic refrigerator with temperature control at coldest setting until firm enough to serve, or pack in rock salt and finely crushed ice. Requires 5 to 6 hours or may stand over night (will not become icy). Serves 6.

APRICOT NECTAR PARFAIT

2 cups SUNSWEET "Tenderized" Apricots
½ cup strained honey
½ cup granulated sugar
2 teaspoons granulated gelatin
1 tablespoon cold water
1¾ cups evaporated milk (1 tall can)

Boil apricots about 25 minutes in water to cover. Remove from heat, beat to a pulp while hot, add honey and sugar, mix thoroughly and cool. Moisten gelatin in cold water. Heat milk to boiling point, remove from fire, add gelatin and stir until dissolved. Set in refrigerator until milk thickens, then beat with rotary beater until light and fluffy. Beat apricot mixture into milk, a small portion at a time. Pour into refrigerator pan and place in freezing unit until thoroughly chilled (1½ to 2 hours). Or chill in icebox, as it is not necessary to freeze. Serves 6 to 8.

APRICOT ICE CUBES

1 cup SUNSWEET "Tenderized" Apricots
3 cups water
¼ cup granulated sugar

Wash apricots, add to water and boil about 40 minutes or until very soft, adding sugar for the last 5 minutes' cooking. Puree fruit, then strain to remove any remaining coarse particles of fruit. Add water to make 4 cups of liquid. Pour into refrigerator pan and freeze. Serve with cold drinks.

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FROZEN
APRICOT
SHORTCAKE
(Page 32)

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PLUMPER, JUICIER FRUITS . . . RICHER FULLER FLAVOR . . . GOOD COOKS CHOOSE "*TENDERIZED*" SUNSWEETS ALWAYS

CIDER SPICED PRUNES

2 cups uncooked SUNSWEET "Tenderized" Prunes
2 cups apple cider
1 cup water
⅓ cup brown sugar
4 3-inch sticks cinnamon
1 teaspoon whole cloves

Wash prunes, combine with cider, water, sugar and spices, and boil covered 20 minutes. Remove from heat and let stand covered over night. Boil 40 minutes. Serve hot or cold with meats. Makes about 1½ pints. Illustrated Page 35.

CASSEROLE APRICOT MARMALADE

2½ cups uncooked SUNSWEET "Tenderized" Apricots
1 cup crushed pineapple
½ cup white corn syrup
2 cups granulated sugar
1 cup water
1 4-inch stick cinnamon

Wash apricots and cut into fine strips. Combine with pineapple, corn syrup, sugar and water, mix well and pour into casserole or baking dish. Add stick cinnamon. Bake uncovered in a moderate oven (375 degrees F.) for 2 hours. Stir occasionally to prevent surface from caramelizing. When cool, pour into sterilized jars and seal with paraffin. Makes 3 pints.

CALIFORNIA CHUTNEY

1 cup uncooked SUNSWEET "Tenderized" Prunes
1½ cups vinegar
2 cups brown sugar
1 teaspoon dry mustard
½ teaspoon cinnamon
½ teaspoon salt
⅛ teaspoon cayenne
2 cups chopped apples
1 cup seedless raisins
1 cup chopped onion
1 cup fresh or canned tomatoes

Boil prunes 10 minutes, drain, remove pits and chop. Combine vinegar with sugar, mustard, cinnamon, salt and cayenne; when it boils add apples, prunes, raisins, onion and tomatoes. Continue boiling until mixture is desired consistency, about 30 minutes, stirring often to prevent burning. Pour into sterilized jars and seal while hot. Makes about 1 quart.

QUICK SUNSWEET MARMALADE

2 cups uncooked SUNSWEET "Tenderized" Prunes
2 cups uncooked SUNSWEET "Tenderized" Apricots
1 cup granulated sugar
1 cup white corn syrup
1½ cups Concord grape juice

Wash prunes, cut from pits, and put through food chopper using medium knife. Wash apricots and put through food chopper. Combine prunes, apricots, sugar, corn syrup and grape juice, mixing thoroughly, and boil briskly for 5 minutes, stirring continuously to prevent burning. Makes about 2 pints.

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CIDER
SPICED
PRUNES
(Page 34)

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ALL CALIFORNIA PRUNES ARE GOOD...

"*TENDERIZED*" SUNSWEETS ARE TEN TIMES AS GOOD...TRY THEM AND SEE

PEACH
LAYER
PUDDING
(Page 37)

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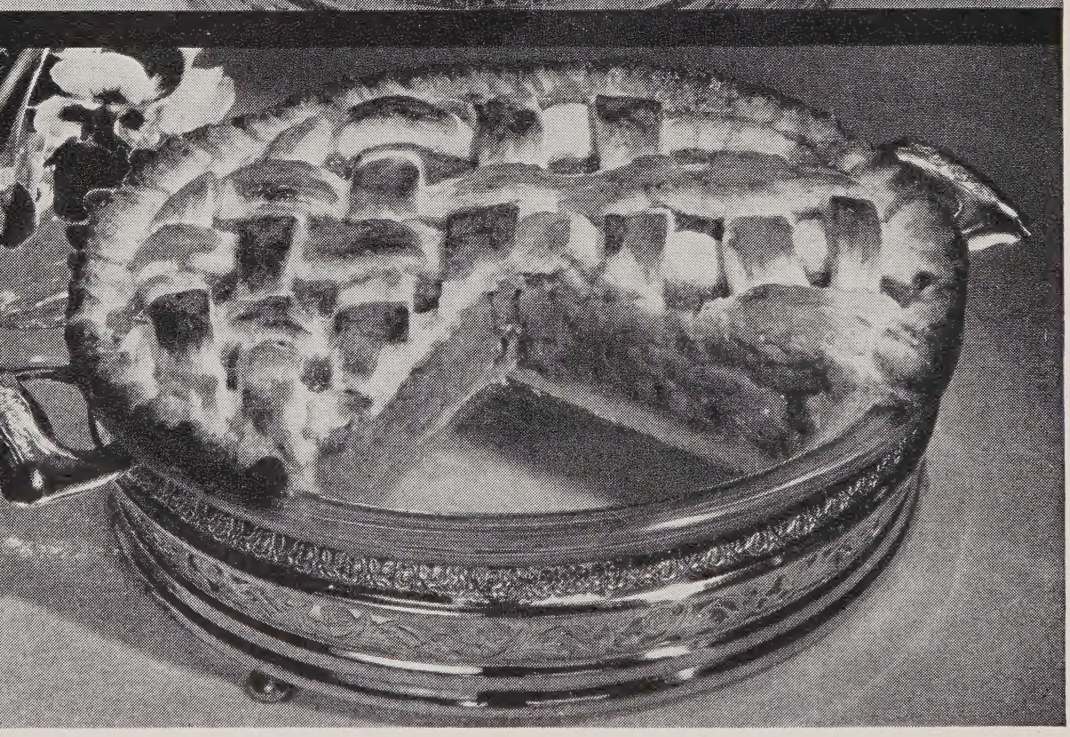

SUNSWEET
PEACH PIE
(Page 37)

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MORE REAL PEACH FLAVOR—MORE REAL PEACH GOODNESS—MORE ECONOMY IN SUNSWEET "*TENDERIZED*" PEACHES

PEACH ALMOND MOUSSE

1½ cups SUNSWEET "Tenderized" Peach puree
1 cup evaporated milk
½ teaspoon plain gelatin
1 tablespoon cold water
⅓ cup granulated sugar
1 cup milk
2 eggs
½ cup chopped roasted almonds
⅛ teaspoon almond extract
1 teaspoon vanilla extract

Scald evaporated milk. Soften gelatin in water and dissolve in scalded milk, chill. Blend sugar with plain milk and egg yolks, and cook in top of double boiler over hot, not boiling water, until custard coats the spoon, stirring constantly; chill. Whip evaporated milk stiff, add custard, stiffly beaten egg whites, peach puree, almonds, and flavorings, and blend thoroughly. Pour into freezing tray of automatic refrigerator and freeze with temperature control at coldest setting until firm. Serves 8 to 10.

SUNSWEET PEACH PIE

2½ cups cooked SUNSWEET "Tenderized" Peaches
1 cup juice from peaches
1 cup granulated sugar
½ teaspoon salt
2 tablespoons cornstarch
2 tablespoons cold water
2 tablespoons butter
Pastry for bottom crust and strip-top (8-in.)

Cut peaches into strips, combine with other filling ingredients and stir to blend. Bring to a boil and cook and stir about 3 minutes. Pour into pastry-lined 8-inch pie pan and cover top with strips of pastry. Bake in a hot oven (450 degrees F.) about 25 minutes. A solid pastry top may be used if preferred. Serves 6 to 8. Illustrated Page 36.

PEACH LAYER PUDDING

3 cups soft bread cubes
½ cup butter
1 cup granulated sugar
3 teaspoons baking powder
1 teaspoon mixed spices
1 teaspoon lemon extract
3 eggs
4½ cups cornflakes
2 cups cooked, well sweetened SUNSWEET "Tenderized" Peaches
½ cup sirup from peaches
4 tablespoons honey

Toast bread cubes lightly. Cream butter, add sugar and cream thoroughly. Add bread cubes, baking powder, spices, flavoring, and mix. Add well beaten eggs, mix thoroughly, add uncrushed cornflakes, and mix lightly. Pour half of batter in greased baking pan. Place drained peaches over batter in a layer and cover with remaining batter. Combine honey and peach sirup and pour over top. Bake about 1¼ hours in a moderate oven (375 degrees F.). Serves 12. Illustrated Page 36.

PEACH HONEY TARTS

1 cup cooked SUNSWEET "Tenderized" Peaches
½ cup granulated sugar
¼ teaspoon salt
½ teaspoon cinnamon
1 cup whipping cream
1 teaspoon vanilla
Pastry for 16 3-inch rounds
Honey

Roll pastry as for pie crust and cut into 16 3-inch rounds. Brush tops with milk and bake in a hot oven (450 degrees F.) 5 to 7 minutes or until nicely browned. Cool. Whip peaches to a pulp, add sugar, salt and spice, and stir to blend. Cool. Whip cream thick but not stiff, add flavoring and blend. Reserve ½ cup of cream. Add peaches to remainder, blending lightly. Place 8 pastry rounds on serving plate and top with peach filling. Brush remaining 8 rounds with honey and place over filling. Top each with reserved whipped cream. Serves 8.

DRINK YOUR PRUNES!

Here's one of the most delightful ways in which to enjoy the full tree-ripened flavor of California Prunes . . . SUNSWEET Prune Juice.*

SUNSWEET Prune Juice* is just the pure juice of the prune, with all the rich, natural Prune flavor. No added sugar, no added preservative, no added flavoring. It's the *original* Prune Juice* . . . the first Prune Juice* to be packed and sold commercially on a nationwide basis . . . and still first in quality, richness, and flavor.

It's wholesome and gently laxative . . . a natural fruit beverage that's not only good, but good for you. The SUNSWEET name and the Good Housekeeping seal on the label are a double guarantee of goodness.

A grand first-thing-in-the-morning drink! Just open the bottle and pour.

A brisk, refreshing lift in mid-afternoon, too, when your spirits begin to sag. California Prunes are richer in iron than most other fruits, and are a good source of other minerals and vitamins. SUNSWEET Prune Juice* contains in material proportion the important food elements of the Prunes themselves. That's why SUNSWEET Prune Juice* is a food as well as a beverage. Keep a bottle in your refrigerator handy. Serve it often. It is richer and more economical than juice you make at home, more uniform in quality, and much more convenient.

Here's something else important. SUNSWEET Prune Juice* is not only good to drink, but is an important ingredient for many delicious desserts. Use it in gelatins, cakes, puddings, breads, wherever you want extra flavor and extra goodness. It makes good things even better.

**A water extract of Dried Prunes*

● For refreshing flavor, for good health, for regular habits . . . drink a brimming glass of SUNSWEET Prune Juice daily. The *original* Prune Juice, packed and guaranteed by the growers themselves!

THE RECIPES

BREADS—SANDWICHES

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These recipes have been developed especially for SUNSWEET "Tenderized" Fruits by the California Dried Fruit Research Institute, Kitchen-tested for accuracy and flavor, with ingredients and cooking time adapted particularly to these new-process fruits.

SUNSWEET
CALIFORNIA
PRUNES
TENDERIZED
LARGE
SUNSWEET
CALIFORNIA
APRICOTS
TENDERIZED
LARGE
SUNSWEET
CALIFORNIA
PRUNES
TENDERIZED
EXTRA LARGE
SUNSWEET
CALIFORNIA
PEACHES
TENDERIZED
SUNSWEET
CALIFORNIA
PRUNES
TENDERIZED
MEDIUM

SUNSWEET